



Ground Beef Empanadas (Picadillo)

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



454 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 1 carrots peeled finely chopped
- ☐ 2 large eggs with 1 tablespoon water beaten
- ☐ 0.5 cup olives green pitted drained chopped
- ☐ 8 ounces ground beef chuck
- ☐ 1 pound puff pastry frozen
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt

- ☐ 1 cup tomato purée canned
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 onion white finely chopped

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Heat the oil in a heavy saute pan over medium-high heat.
- ☐ Add the ground beef chuck and cook until browned, about 7 minutes. Season with the salt and pepper.
- ☐ Add the olives, raisins, carrots and onions and saute for just a couple minutes until softened.
- ☐ Add the tomato puree and simmer for 10 minutes. Turn the heat off and cool to room temperature before filling the empanadas.
- ☐ Grease a large baking sheet with some nonstick cooking spray. Unfold one sheet of puff pastry onto a lightly floured surface. Using a floured rolling pin, roll the pastry out to a 1/4- to 1/8-inch thickness. With a knife, cut out 4 equal squares measuring 4 1/2-by-5 1/2-inches.
- ☐ Add 2 tablespoons of the cooled beef mixture to the center of the square.
- ☐ Brush the edge of each square with some egg wash and fold to shape into triangles. Crimp the edges with a fork.
- ☐ Transfer the empanadas to the prepared baking sheet and brush them with the remaining egg wash.
- ☐ Bake until golden brown, about 25 minutes.

Nutrition Facts



 **PROTEIN 8.67%**  **FAT 59.52%**  **CARBS 31.81%**

Properties

Glycemic Index:32.33, Glycemic Load:18.67, Inflammation Score:-8, Nutrition Score:11.508260859096%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 454.09kcal (22.7%), Fat: 30.42g (46.8%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 33.94g (12.34%), Sugar: 2.45g (2.72%), Cholesterol: 20.13mg (6.71%), Sodium: 485.4mg (21.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Vitamin A: 1372.8IU (27.46%), Selenium: 18.33µg (26.18%), Vitamin B3: 4.14mg (20.68%), Manganese: 0.38mg (19.04%), Vitamin B1: 0.28mg (18.71%), Iron: 2.71mg (15.06%), Vitamin K: 15.54µg (14.8%), Vitamin B2: 0.24mg (14.21%), Folate: 53.42µg (13.36%), Zinc: 1.62mg (10.79%), Fiber: 2.65g (10.61%), Vitamin B12: 0.61µg (10.11%), Phosphorus: 100.31mg (10.03%), Vitamin B6: 0.19mg (9.37%), Copper: 0.18mg (9.1%), Potassium: 312.71mg (8.93%), Vitamin E: 1.31mg (8.75%), Magnesium: 25.27mg (6.32%), Vitamin C: 4.23mg (5.13%), Calcium: 32.38mg (3.24%), Vitamin B5: 0.26mg (2.62%)